

2025 4-Day Junior High Overnight Camp



CAMP LOCATION & CAMP DATES

| | Day 1 | Day 2 | Day 3 | Day 4 |
|--------|--|--|---|---|
| 9a-12p | Registration | Breakfast | Breakfast | Breakfast |
| 1:00p | Opening Staff Demo, Meet your Team Leader & Squad Credentialing (Roadmap)! | 8:30a Team Leader Check-in / Warmup / Game Day Class: Band Chant / Material Review & Coaches' Meeting #2 | 8:30a Team Leader Check-in / Warmup / Game Day Class: Sideline Dances & Coaches' Meeting #3 | 8:30a Optional Open Practice |
| 1:30p | Motion & Spirit Prop Workshop, Game Day Class: Sidelines, Camp Dance & Coaches' Meeting #1 | 9:15a Coaches' & Captain's Goal Setting | 9:30a Stunt Class #3 | 9:00a Team Time w/ Team Leader |
| 2:30p | Safety Awareness & Stunt Qualification w/ Team Leader | 9:30a Stunt Class #2 | 10:30a Team UCA & FNL Frenzy w/ Game Day Jams! | 9:45a Camp Routine Championship |
| 2:45p | Spotting Seminar & Stunt Class #1 | 10:45a Band Chant Setup / Review | 11:15a Coaches' Stunt Workshop #2 / All-American Setup & Material Review | 10:30a Spirit Championship |
| 4:00p | Group A: Sideline Private Coaching Group B: Motion Technique Class & Team UCA | 11:30a Lunch | 11:30a Lunch | Band Chant, Sideline, Cheer |
| 4:30p | Dinner | 1:15p Captain's Leadership Training & Coaches' Stunt Workshop #1 | 1:15p Group A: Team Unity & Spirit Practice | 11:15a Squad Credentialing Presentation |
| 6:15p | Switch Groups | 1:30p Pyramid Class #2 | Group B: Camp Routine Private Coaching | 11:30a Final Awards & Pin it Forward |
| 6:45p | Pyramid Class #1 | 2:15p Group A: Cheer Private Coaching Group B: Team UCA / Squad Leadership Training & Sideline Stunts | 2:15p Switch Groups | |
| 7:30p | Game Day Class: Cheers | 3:15p Switch Groups | 3:15p Electives* | |
| 8:00p | Stunt Troubleshooting Class | 4:15p St. Jude | 4:00p All-American Tryouts | |
| 8:30p | Team Leader Meetings & Daily Awards <i>New Coaches' Q/A</i> | 4:30p Dinner | 4:30p Dinner | |
| | | 6:15p Sideline & Cheer Evaluations | 6:15p Camp Routine Evaluations | |
| | | 6:45p Group A: Stretching, Flexibility / Jump Class & Material Review | 6:45p Group A: Spirit Private Coaching Group B: Drills for Skills | |
| | | 7:30p Group B: Pyramid Private Coaching | 7:15p Switch Groups | |
| | | 7:30p Switch Groups | 7:45p Gatorade Break & Team Leader Meetings | |
| | | 8:15p Jump Off | 8:00p <i>Spirit Night!</i> | |
| | | 8:30p Team Leader Meetings & Daily | 8:30p Daily Awards & Pin it Forward <i>Final Coaches' Q/A</i> | |

Camp Information
HCM:
HI:
Location:
Dining:
Camp Store:

Electives*
 - Stunt Transitions
 - Basket Toss Class
 - Open Workshop
 - Timeout or Hip Hop Dance
 - Additional Material